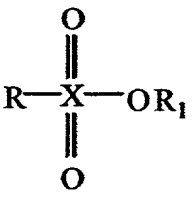
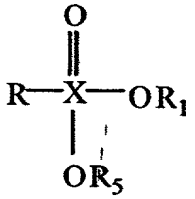
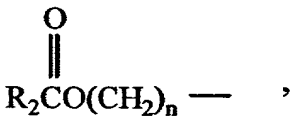
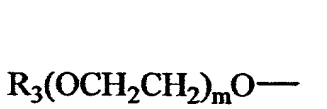
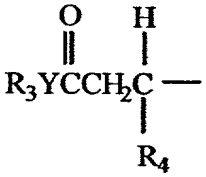
Claims:

1. An oral contraceptive composition comprising a compound of the formula:


or


wherein X is P or S;

R is C_4-C_{24} alkyl, C_4-C_{24} alkenyl, C_4-C_{24} alkoxy,


,

or


R_1 is H, C_1-C_4 alkyl, a pharmaceutically acceptable cation or


wherein L is 4 to 24;

R_5 is H, C_1-C_4 alkyl, phenyl or a pharmaceutically acceptable cation,

R_2 is C_4-C_{24} alkyl or C_4-C_{24} alkoxy, n is 0 to 4;

R_3 is C_4-C_{24} alkyl, m is 3 to 10;

R_4 is H, C_1-C_4 alkyl or $COOR_6$;

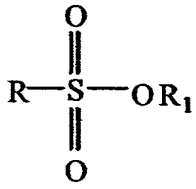
R_6 is H or C_1-C_{13} alkyl; and

Y = O or NH and a pharmaceutically acceptable carrier suitable for oral delivery.

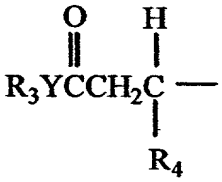
2. The composition of claim 1 wherein the composition is formulated as tablet or capsule.

3. The composition of claim 1 wherein the composition is formulated as a gelcap or suspension.

4. The composition of claim 1 wherein the compound has the general formula



wherein R is C_4-C_{24} alkyl, C_4-C_{24} alkoxy, or



and Y is O.

5. The composition of claim 4 wherein

R is C_{10}-C_{18} alkyl;

R_1 is a pharmaceutically acceptable cation or

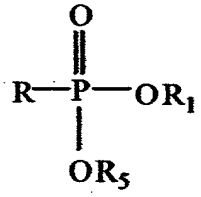
and L is 20.

6. The composition of claim 4 wherein R is

R_3 is C_4-C_{24} alkyl; and

R_1 is a pharmaceutically acceptable cation.

7. The composition of claim 1 wherein the compound has the general formula



wherein R is C_4-C_{24} alkyl or C_4-C_{24} alkoxy; and

R_1 and R_5 are independently H or a pharmaceutically acceptable cation.

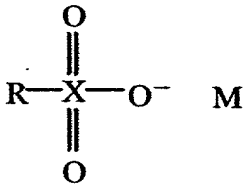
8. The composition of claim 7 wherein

R is C_4-C_{24} alkoxy;

R_1 is H or a pharmaceutically acceptable cation; and

R_5 is H.

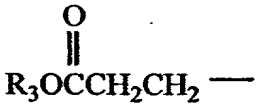
9. The contraceptive composition of claim 1 wherein the compound has the general formula:



wherein X is P or S;

M is a cation; and

R is C_4-C_{24} alkyl, C_4-C_{24} alkenyl, C_4-C_{24} alkoxy,



or

wherein n = 2, 3 or 4;

R_2 = C_9-C_{13} alkyl; and

R_3 = C_4-C_{24} alkyl.

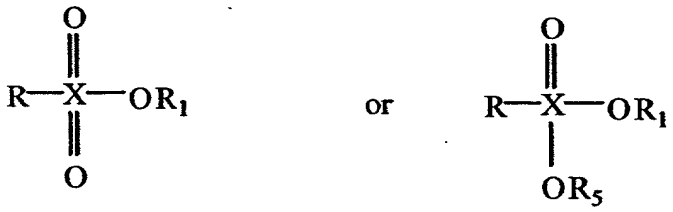
10. The composition of claim 9 wherein X is S.

11. The composition of claim 9 wherein the composition is formulated as tablet or capsule.

12. The composition of claim 9 wherein the composition is formulated as a Gelcap or suspension.

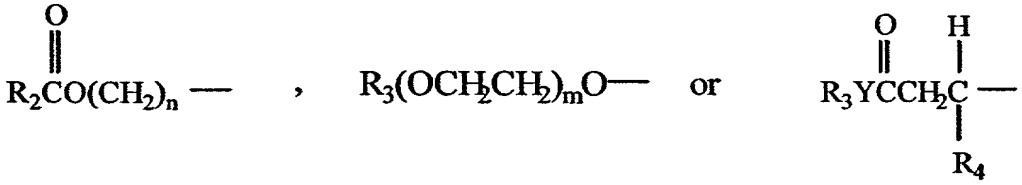
13. The composition of claim 10 wherein the cation is sodium.

14. A contraceptive transdermal patch or implant, wherein said patch or implant comprises a composition comprising a compound of the general formula:



wherein X is P or S;

R is C_4-C_{24} alkyl, C_4-C_{24} alkenyl, C_4-C_{24} alkoxy,



R_1 is H, C_1-C_4 alkyl, a pharmaceutically acceptable cation

or

wherein L is 4 to 24;

R_5 is H, C_1-C_4 alkyl, phenyl or a pharmaceutically acceptable cation,

R_2 is C_4-C_{24} alkyl or C_4-C_{24} alkoxy, n is 0 to 4;

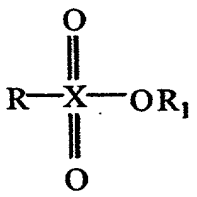
R_3 is C_4-C_{24} alkyl, m is 3 to 10;

R_4 is H, C_1-C_4 alkyl or $COOR_6$;

R_6 is C_1-C_{13} alkyl; and

Y = O or NH.

14. A method of inhibiting the capacitation of sperm cells, said method comprising the steps of contacting the sperm cells with a composition comprising a compound of the general formula:



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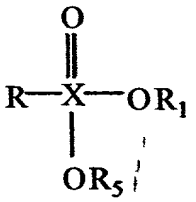
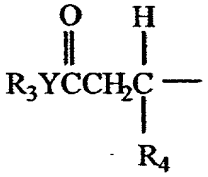


wherein X is P or S;

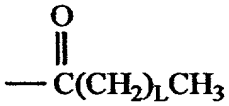
R is C_4-C_{24} alkyl, C_4-C_{24} alkenyl, C_4-C_{24} alkoxy,

,

or



R_1 is H, C_1-C_4 alkyl, a pharmaceutically acceptable cation or



wherein L is 4 to 24;

R_5 is H, C_1-C_4 alkyl, phenyl or a pharmaceutically acceptable cation,

R_2 is C_4-C_{24} alkyl or C_4-C_{24} alkoxy, n is 0 to 4;

R_3 is C_4-C_{24} alkyl, m is 3 to 10;

R_4 is H, C_1-C_4 alkyl or $COOR_6$;

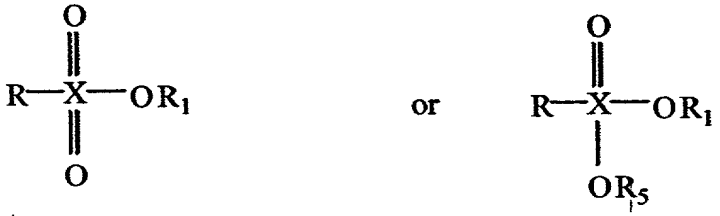
R_6 is C_1-C_{13} alkyl; and

Y = O or NH and a pharmaceutically acceptable carrier.

15. The method of claim 14 wherein the step of contacting the sperm cells with the compound occurs *in vivo* in the male.

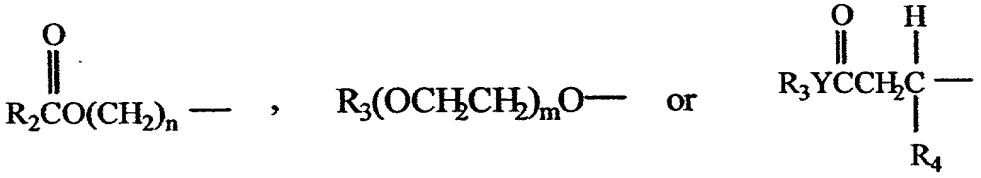
16. A method for inhibiting conception, comprising

administering to a male an effective amount of a pharmaceutically acceptable cationic salt of a compound of the general formula:



wherein X is P or S;

R is C_4-C_{24} alkyl, C_4-C_{24} alkenyl, C_4-C_{24} alkoxy,



R_1 is H, C_1-C_4 alkyl, a pharmaceutically acceptable cation or

wherein L is 4 to 24;

R_5 is H, C_1-C_4 alkyl, phenyl or a pharmaceutically acceptable cation,

R_2 is C_4-C_{24} alkyl or C_4-C_{24} alkoxy, n is 0 to 4;

R_3 is C_4-C_{24} alkyl, m is 3 to 10;

R_4 is H, C_1-C_4 alkyl or $COOR_6$;

R_6 is C_1-C_{13} alkyl;

Y = O or NH.

17. The method of claim 16 wherein the composition is administered orally in a daily dosage form.

18. The method of claim 16 wherein the composition is administered transdermally or subcutaneously to maintain constant systemic levels for an extended time period.